



## Analytical Study of the Correlation of Physical Abilities with Scoring Accuracy for Young Football Academy Players

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**Abstract:** The target of sport training process is to raise the level of players according to the logical sequence of the overall abilities on which the game of football is based, including physical and skill abilities that logically explain the results obtained by the team during the competition. The study aimed to figure out level of physical abilities and skill for youth soccer players. Descriptive approach was used in the style of comparisons and correlations between them because it is concerned with revealing the relationship between two or more variables to figure out the extent of correlation between these variables and express them digitally. The research sample included the (32) players of Al-Batha Football Academy under (17) years old in the competition period for the football season (2022-2023), the tests of physical abilities included vertical jump test (Surgent) to measure Power, and reaction test (Nilson) to measure motor responsiveness, and zigzag running among cones for (20) meters to measure agility. For scoring accuracy the scoring test was used on a goal divided by degrees from a distance of (11) Meter. There was no relationship of the physical abilities with scoring accuracy. There is a weakness in the level of scoring accuracy skill and physical abilities through the absence of correlations between these variables mentioned. There is a difference in the level of performance of physical abilities and scoring accuracy among the research sample.

**Key words:** Soccer, Physical abilities, Skill, youth.

### Introduction:

The target of the workers in sport training is to raise the level of players according to the logical sequence of the overall abilities on which the game of football is based, including physical abilities that logically explain the results obtained by the team during the competition, and that the football player must possess special physical abilities of a high level in order to be able to provide optimal performance, because of this game of specifications that require the player to have strength, speed and

stretching coupled with special abilities, and is the maintenance of physical performance All during the match is of great importance and one of the main foundations on which the coach relies in achieving the required results, as maintaining the level of special physical abilities despite exposure to physical effort during the match is a clear indicator of the weighting of the players who represent the team, the physical abilities are one of the pillars on which the basic motor skills of any sports are based, including football, which is one of the popular games in the world without a competitor.

In addition, physical abilities are an influential factor in the performance of the basic skills of the game, including the scoring skill, as the team's efforts depend on it to decide the winning team. Mastering the basic skills in continuous and continuous training for a long time, the greater the interest in training, the higher the performance of the players in the application of skills, and due to the great transformation that football has become today in terms of strength and speed together, and speed has become one of the important specifications that must be enjoyed by the football player, today there is an urgent need for running and quick starts and switching from defense to attack and vice versa, which requires the speed of decision-making and the speed of its implementation, and due to the defensive development, the opportunities have become available Scoring is rare and minimal, so it requires the player not only to score, but also to read the playing situations at high speed and make a decision.

The role of scientific follow-up of coaches working in the field of football specialization in particular, is to see everything new in the field of specialization and to know the style of playing football, which has become characterized by speed in all its forms, including kinetic speed with the ball and without the ball, and this in turn gives an opportunity for attacking players to overcome defenders during sports competition, and therefore the apparent weakness of this ability and the rest of the special physical capabilities under research is expected by us as a result of the low and fluctuating level of fitness The physical performance of the players of these teams for the overall physical and skill performance in the sports competition and this diagnosis is considered accurate to be an indicator for working coaches to review their vocabulary, if any, accurately so that they can prepare their teams well.

Sports games are characterized by possessing many special skills that are used to perform the required movements, and sports games depend on one skill in the implementation of a specific motor performance as in the events of the arena and the field, and another section of the games depends on more than one skill as in ball games, including football and skill is the basic rule through which sports can be built as the success of the player and the team as a whole depends on the extent of mastery of the skills of the game, including (specialists in science Sports training) and means sports games, and some of them mean sports movements that are characterized by skill when performed and through the sources that have been seen on the concept of skill, developed several concepts of the term skill and each according to the scientific field that explains or clarifies the concept of skill and what interests us from the skill is its association with the sports field, especially the players, so Talha Hossam El-Din defined it as "the adequacy of the individual in the performance of a particular duty.

The importance of the research comes through determining the level of physical abilities and scoring skill of football players as well as the role of correlations with research variables to obtain accurate conclusions that serve the training goal in the future.

#### **Method:**

Descriptive approach was used in the style of comparisons and correlations between them because it is concerned with revealing the relationship between two or more variables to know the extent of correlation between these variables and express them digitally. The research sample included the 32 players of Al-Batha Football Academy under 17 years old in the competition period for the football season (2022-2023), and the physical abilities of the ability attribute were used, where the vertical

jump test (Surgent) was used, the speed of motor response where the motor response test (Nilson) was used, agility where the slalom running test was used between the pillars for a distance of (20) meters, and scoring accuracy where the scoring test was used on a goal divided by degrees from a distance of (11) Meter.

### Results:

**Table (1):** shows the mean, standard deviation and torsion coefficient of physical and skill abilities:

variables	Mean	Std.d	torsion coefficient
Power	56.522	3.602	-0.119
Reaction	1.613	0.055	-0.131
Agility	6.461	0.391	0.208
Scoring accuracy	8.302	2.844	0.163

**Table 2:** shows the Correlation of physical abilities

variables		Power	Agility
Reaction	calculated r.	0.224	0.145
	Error percentage	0.06	-0.28
Power	calculated r.		-0.122
	Error percentage		0.23

\* Significance level (0.05)  $n-2 = 30$

- There is a non-significant correlation between the ability and the speed of the motor response, as the calculated value of (r) was (0.224) with an error rate of (0.06).
- There is a non-significant correlation between ability and agility, as the calculated value of (r) was (-0.122) with an error rate of (0.23).
- There is a non-significant correlation between the ability and the speed of motor response, as the calculated value of (r) was (0.145) with an error rate of (-0.28).

**Table (3):** shows the correlation between physical abilities and scoring skill

variables	correlation coefficient	Error percentage	Significant
Power	-0.033	0.72	Non-sig
Agility	-0.233	0.05	Non-sig
Reaction	0.114	0.62	Non-sig

### Discussion:

The results in the previous tables showed that there is no significant correlation in the tests of physical abilities with each other, as physical abilities are one of the pillars on which the basic motor skills of any of the sports are based, including football, which is one of the popular games in the world without a competitor. It was noted that there is a clear decrease in the physical level of the game of football for the research sample, and that the lack of correlation relationships that underpin the physical abilities with each other, which in turn gives us the real level of general and private fitness for any game, including football.

This is a real indication of the ineffectiveness of the applied vocabulary carried out by these teams in all their curricula developed by the working coaches supervising the preparation of these sports teams. The researcher attributes this to the prominent role that must be the curricula required to be prepared by coaches specialized in this field, so coaches must pay attention to training players well in terms of

physical performance and skill, as it requires "mastery of basic skills in continuous and continuous training for a long time, the greater the interest in training, the higher the performance of players in the application of skills". Due to the great transformation that football has become today in terms of strength and speed together, and speed has become one of the important specifications that must be enjoyed by the football player, today there is an urgent need to run and fast starts and shift from defense to attack and vice versa, which requires the speed of decision-making and the speed of its implementation and due to the defensive development, the opportunities for scoring have become rare and minimal, so it requires the player not only to score, but to read the playing situations at high speed and make a decision .

The role of scientific follow-up of coaches working in the field of football specialization in particular, is to see everything new in the field of specialization and to know the style of playing football, which has become characterized by speed in all its forms, including kinetic speed with the ball and without the ball, and this in turn gives an opportunity for attacking players to overcome defenders during sports competition, and therefore the apparent weakness of this ability and the rest of the special physical capabilities under research is expected by us as a result of the low and fluctuating level of fitness The physical performance of the players of these teams for the overall physical and skill performance in the sports competition and this diagnosis is considered accurate to be an indicator for working coaches to review their vocabulary, if any, accurately so that they can prepare their teams well.

Accordingly, the researcher believes that the ability is the maximum strength and maximum speed in line with the required skill. This is what Alan Wood (1979) pointed out about its importance in football: "This type of force is used in the game in cases of hitting the ball with maximum force, such as shooting when changing direction or when turning and when running fast. "

One of the physical characteristics surveyed does not appear significant links to the characteristic of agility and physical variables studied, and agility means the ability to change the positions of the body quickly and in a proper time, whether that entire body or parts of the body and this is what the football player needs when moving the ball from one area to another with dribbling and his ability to retain the ball and agility means harmonic movements and this is what he pointed out (Wajih Mahjoub) that (Hiros), who describes it "the ability to control complex compatibility and rapid learning seriously and appropriately" (). It also means the ability to quickly act with the requirements of the situation as well as the economy of movement, and this is what (Essam Abdel Khaleq) referred to "the ability to quickly control the performance of new movements and the correct rapid adjustment of motor work. "

Agility in football is represented in the movements of deception, scoring and dialogue with the ball, and this is confirmed by (Zuhair Al-Khashab et al., 1999) "as the ability of the player to perform effectively in various football, small or large, in different directions in a quick and sudden way with the ability to change directions quickly and stand suddenly using the ball or any training tool or without the ball, and it is one of the most important qualities that work to quickly learn and master motor skills". The long-term training accurately for any team according to the correct scientific foundations contributes to the development of special physical abilities, including in particular the characteristic of agility and the weakness of correlation relations between physical variables and the recipe of agility is clear and accurate evidence of the indicator of irregular training of these teams for typical and long periods continuously without interruption that the lack of moral link.

The researcher attributes to the lack of use of correct scientific methods that begin with physical and skill preparation as well as the psychological aspect, and this is confirmed by the inter-correlations between the variables researched for the players so that the players can get used to the new stimuli, in the motor response "which is the ability to react to a particular stimulus in the shortest possible period of time". Both Saleh and Mufti Ibrahim point out that "the speed of kinetic response is the ability to

respond kinetic in the shortest possible time, and an example of this is the rapid response to the movement of the ball after changing its direction.

In all previous discussions of the details of digital data and correlation between physical variables, we note that small values indicate weakness and is considered the dominant feature of the type of linear inter-correlation between variables, where most sources showed us the need and importance of correlation for the value and durability of inter-correlations between physical abilities in any sport, including football in particular, since the basis of playing skills in any game is based on the state of harmony and fluidity. The value of the physical work performed by the player during the performance of any of the skills whose external form is clear to the viewer on mastery, lack of mastery, speed, lack of speed, strength or lack of strength and translation in the form of strategies during the performance of game plans and that the decline of the curves of these qualities during fatigue is clearly clear to players, coaches and spectators during sports competitions.

### Conclusions:

Through the results reached by the researcher, he concluded the following: There was no relationship of the physical abilities under research with the skill of scoring accuracy. There is a weakness in the level of scoring accuracy skill and physical abilities under research through the absence of correlations between these variables mentioned. There is a difference in the level of performance of physical abilities and the skill of scoring accuracy among the research sample.

### Recommendations:

Pay more attention to physical abilities within the training approaches, And more attention to basic skills, especially scoring accuracy and development it to insure best finishing. Researchers' interest in expanding the circle of research to a wider field. Circulating this type of research to the age groups of all Iraqi academies teams and conducting tests according to these groups. A study of physical and skill abilities that the researcher could not study in this research for more accurate and comprehensive results for the teams of Iraqi academies. Expanding the search circle compared with regional or international results through the results of advanced team tests for clubs or for national teams. Use other statistical methods in the search results, such as forecasting, in order to know the development of relevant variables and develop them better. Attention to the selection of players according to scientific foundations studied to choose the football player in the representation of these clubs.

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